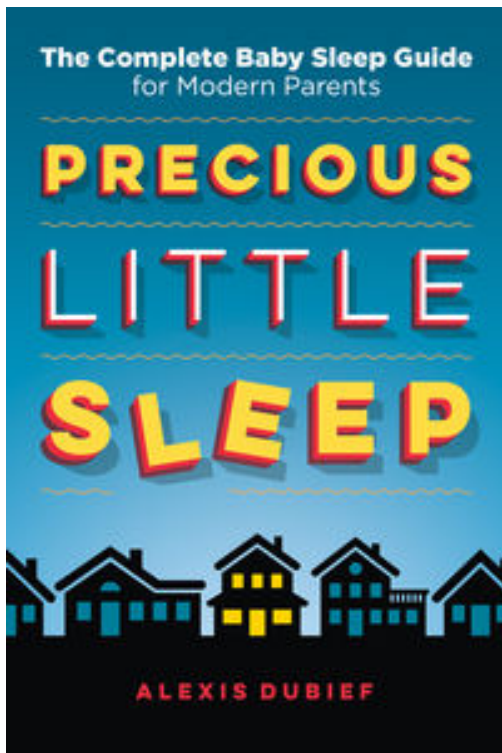


# Precious Little Sleep - Alexis Dubief Ler Ebook



## Precious Little Sleep Alexis Dubief ler ebook, The Expert, Hilarious, and Tactically Comprehensive Baby Sleep Book

Parenting a baby or toddler is the grandest adventure of all when you're not miserably exhausted. Sleep expert Alexis Dubief, of the wildly popular website Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep.

This book will help you tackle the thorniest sleep snags, including:

Navigating the tricky newborn phase like a pro  
Achieving the dream of helping your child sleep through the night  
Weaning off the all night buffet  
Mastering the precarious tango that is healthy napping  
Solving toddler and preschooler sleep struggles

If you're looking for practical solutions to improve your child's sleep in a book that won't put *you* to sleep, this is for you.

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